

**LEARNING HOW TO LIVE
HEALTHFULLY IN 18 DAYS!**

- Hydrotherapy
- Massage
- Herbal teas
- Cleansing & juicing
- Cooking classes
- Lectures
- Personal counseling
- Daily exercise



“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies.”

Ministry of Healing, p.127



CONTACT INFO:

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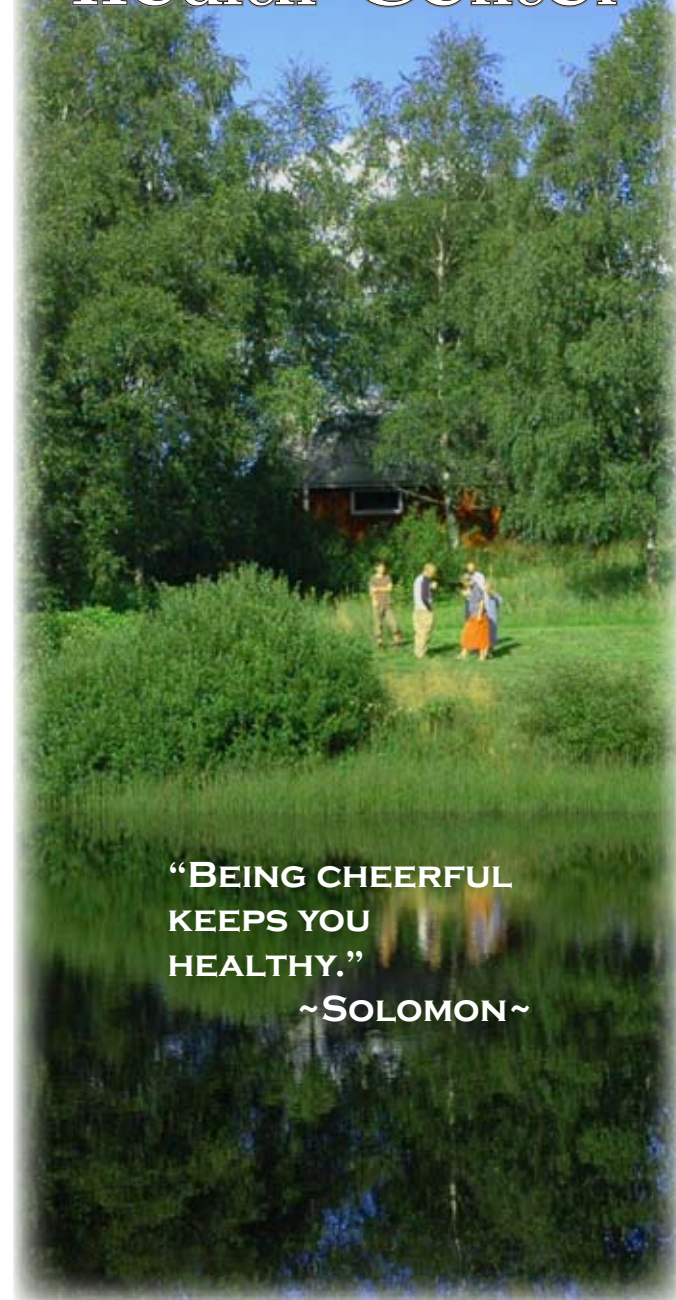
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Stenshult Health Center



**“BEING CHEERFUL
KEEPS YOU
HEALTHY.”**

~SOLOMON~

GOD'S PLAN CLEANSING & IMMUNE- STRENGTHENING PROGRAM

Today, many from the westernized nations are suffering from illnesses and diseases that to a large degree are preventable by a proper lifestyle. Additional good news is that many of these sicknesses we are now experiencing are even reversible through a new lifestyle. Prevention and reversal are the theme of Stenshult Health Center's specially designed lifestyle educational course which focuses on:

- Weight loss & management
- Cancer & the immune system
- Diabetes control
- Stress management
- Mental health
- Heart disease & hypertension
- Stopping smoking



Stenshult Health Center lies beautifully in southern Sweden on a 7.6 hectare farmstead with forest, pasture, and tillable land. The singing birds, babbling brooks, and gentle forest breeze provide a natural atmosphere for relaxation and rejuvenation. The Center is not hard to reach, being within an hour from the airport of Gothenburg, which is Sweden's second largest city.

THE CREATOR'S PLAN

We believe that nature plays a vital role in our well-being. Eight principles that our Creator has given us in the Bible and in nature form the basis for our 18-day (or 10-day) course. Through these simple, yet profound, principles man's entire being—physical, mental, and spiritual—is brought into contact with total health.



not only experience through the live-in course how you can regain health, but also how you yourself will be able to maintain health after returning home. To strengthen the mind, you will be taught how to handle stress and how to live without guilt, fear, and worry. Your whole being will be refreshed, and the way for restoration to wholeness will be paved.

Our lifestyle education course offers a tasty vegetarian diet, rich in fresh, luscious fruits and vegetables.

A home-like, Christian atmosphere with a dedicated staff allows more individual attention and the potential to build personal friendships.

The purpose for our course is to train you how to cleanse your body and to lay the groundwork for health. You will



Contact us to make financial arrangements for your stay here and for any other questions. For our contact details, refer to the back side of this brochure. *We look forward to hearing from you!*

